


To find out about upcoming programming, visit our **Facebook page**, follow us on **Instagram**, or pick up the latest Seniors' brochure at Kay's Place in the Denman Place Mall. To find out more about our past activities please visit **our blog** with posts and photos.

For more information, email welcome@gordonhouse.org, or call **(604) 683-2554** during regular business hours. We hope to see you soon!

 604-683-2554

 <http://gordonhouse.org>

 welcome@gordonhouse.org

 1019 Broughton St., Vancouver, BC, V6G 2A7

 Gordon Neighbourhood House

 @gordonhouse

We acknowledge that Gordon Neighbourhood House is located on the unceded, occupied, ancestral and traditional homelands of x^wməθkwə́yəm (Musqueam), Skwxwú7mesh (Squamish) and Sə́lilwə́taʔ/Selilwitulh (Tsleil-Waututh) Nations.

SENIORS' PROGRAMS



Photo by Maria Stanley

PROGRAMS

All programs require current membership.
Times subject to change.

Dancing with Qi Energy Mondays @9:30am

Guided & Intuitive movement to ground, release & recharge,
This is a drop-in program, no pre-registration required.

Gardening Group Mondays @9:30am

Join us for a volunteer-led program where community members
come together to plant and tend the gardens at Gordon House. In
this program, we provide the seeds, soil, and tools for the
community. This is a drop-in, no pre-registration required.

Neighbourhood News Mondays @11am

Start your week on a positive note and catch up on local
happenings! At Neighbourhood News, we'll be sharing and
discussing local news & events in the West End and around town.

Community Lunches Mondays @12pm

Come enjoy Community Lunch at Gordon House! \$7.50 for GNH
members. Menu changes monthly, please call us for more
information at 604-683-2554.

Stay In Touch

Join our Seniors' Email List to keep up to date with
events, activities and programs. Please email
welcom@gordonhouse.org to sign up.

Seniors' Fitness Tuesdays @10am

Join us for a weekly seated fitness and chair yoga classes to
improve your mind, body, mobility, flexibility & strength.

Seniors' Lounge Tuesdays @1:15pm

Connect with your community in person or online and meet your
neighbours at seniors' lounge, a weekly social gathering sharing
their knowledge, insights and support.

Crafty Neighbours Wednesdays, 1 pm-3pm

Join us for a weekly social gathering that connects our knitting,
crocheting, and sewing community members and other creative
folks to share their talents. Donations of yarn to support our
projects are gratefully appreciated.

Supported Stretch & Strength Thursdays @10am

Functional exercises are performed seated, in a chair, or holding
on for stability flexibility,

Matinee Movies Thursdays @1:30 pm

Join us for movies at Gordon House, popcorn provided!
This is a drop-in program, no pre-registration required.

Relaxing with Qi Energy Fridays @9:30am

Breath & meditative movement to release, rebalance & restore
with Christine. This is a drop-in, no pre-registration required.

Seniors' Karaoke Fridays, 1-3pm

Come sing a variety of songs together, from classic hits to modern
chart-toppers. Microphones provided!